

Summer Safety - Stay Hydrated

Story by

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The major cause of heat injuries is dehydration. Dehydration happens when the body loses too much fluid. Since a person can lose as much as a quart of water through sweating, it is imperative that Soldiers consume water to balance out the loss of fluid.

Intake should not exceed more than one and a half quarts in an hour or more than 12 quarts in a day. Soldiers should drink water even if they do not feel thirsty. Thirst is not a good indicator of hydration.

The early symptoms of dehydration are restless behaviour, dry mouth, sticky saliva, and reduced urine output that is a dark color.

Once severe dehydration sets in, the casualty will be unable to walk; have a weak, rapid pulse; rapid breathing; cold, clammy skin or hot, dry skin; and finally, loss of consciousness.

Dehydration can be prevented by minimizing the use of caffeine and alcohol, dietary supplements, maximizing good nutrition, and adequate hydration. The use of field sanitation teams to monitor the heat category and work rest cycles can also be used to combat the impact of the heat. The unit's preventive health medicine teams can monitor the wet bulb to determine the heat category.

Other heat injuries include heat cramps, heat exhaustion, and heatstroke according to the United States Forces Korea “A Systems Approach to Summer Safety” Pamphlet 385-3.

Heat cramps are distinguished by muscle pains or spasms in the abdomen, arms, or legs. The person suffering from heat cramps should sit in a shady area and slowly drink at least one quart of water. He should seek medical attention if the cramps do not subside in one hour.

Heat exhaustion is one of the most common heat injuries. It is caused by the loss of fluids and electrolytes from excessive sweating.

Heat exhaustion casualties should lie down in a cool place with all tight clothing loosened. The person's head should be lowered with the feet raised. Cool, moist cloths should be placed on the forehead and wrists.

Heatstroke is the most dangerous heat injury. If it is not treated immediately, it can be fatal. The symptoms are weakness, dizziness, confusion, headaches, seizures, nausea, and their breathing and pulse may be rapid and weak.

A person with heatstroke should be placed in a semi-sitting position in a shady area or taken indoors. His tight clothing should be loosened and the head and body should be flooded with cold water and medical personnel should be called.

Hypothermia is also a condition that can result from dehydration. Most cases of hypothermia take place in the summer, spring, and fall; not winter. Hypothermia is a rapid cooling of the body's core temperature and can result in death if not treated quickly.

In the summer, this can occur by immersion in a cold body of water, exercising or being in the rain and then going into air conditioning or being exposed to



Photo by Sgt. Shim, Yung-sik.

Soldiers should drink water even if they do not feel thirsty.

cooler air.

According to the website http://www.yellowstoneparknet.com/travel_tips/hypothermia.php, the warning signs of hypothermia are:

- * uncontrollable shivering
- * immobile fumbling hands
- * slow, slurred speech
- * stumbling, lurching gait
- * memory lapses

To reduce the risk of becoming a heat casualty, it is advised that Soldiers wear the appropriate clothing. Clothing should be loose fitting and light in color. Shirts should not be removed in sunny areas and hats and sunglasses should be worn to combat the damage from the sun.

The colors of the sky in Daegu

AUG 22

High T Low T

88 F 74 F
31 C 23 C

AUG 23

High T	Low T
91 F	72 F
33 C	22 C

AUG 24

High T	Low T
86 F	70 F
30 C	21 C

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Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).

- NL = no limit to work time per hr.

- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

Daily fluid intake should not exceed 12 qts.

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	¾	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil.
For electronic versions, see <http://chppm-www.apgsc.army.mil/heat>. Local reproduction is authorized.
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KOREAN TONGUE

By Pvt. Nam, Jin-yung / KATUSA

#Essential Expressions

How are you? : Ahn – Nyung – Hah – Sae – Yo

I'm sorry. : Mee – Ahn – Hahm – Nee – Dah

Thank you! : Kahm – Sah – Hahm – Nee – Dah

You're welcome! : Chun – Mahn – Hae – Yo

#Military Term

Rank

Private : Ee – Byung

Private First Class : il – Byung

Specialist : Sahng – Byung

Corporal : Sahng – Byung

Sergeant : Byung – Jahng

There is no difference between Specialist and Corporal in the Korean Army.



FREE DRY CLEANING

Story and photo by Pfc. Brandon Moreno

The time allotted for a servicemember to clean their uniforms may be limited, but there is some relief for servicemembers deployed to Camp Walker.

The dry cleaning services on post are offering free dry cleaning to any servicemember who is participating in the Ulchi Focus Lens exercise at Camp Walker.

"I think the free dry cleaning services offered during this exercise are an excellent feature," said Sgt. Robin Lee, the Information Management Officer for 8th Army's Civil Affairs.

To receive free dry cleaning, servicemembers need to go to logistic support analysis operations and acquire dry cleaning tickets. The tickets are used in exchange for money at the dry cleaning place.

"The process is easy. All you have to do is get your tickets,

fill them out and give them to the dry cleaning workers when you drop off your uniform," said Sgt. Matthew Hammet, the Army strategic deployments noncom-

missioned officer in charge for 8th Army's Civil Affairs.

The dry cleaning place will only dry clean uniforms. It takes three days to clean a uniform.

"Three days is pretty reasonable considering many people participating in the exercise utilize the services," Hammet said.

Dry cleaning services are located between Burger King and the Post Exchange on Camp Walker.



The building where the dry cleaning services are offered.

New CSM Plans to Perform His Philosophy

Story by

Pvt. Kim, Jae-hwan / KATUSA

8th U.S. Army Public Affairs Office

Hwarang staff writer

The new Troop Command Command Sergeant Major of troop command wants Soldiers to be trained realistically.

Command Sgt. Maj. Christopher D. Culbertson became the new Command Sergeant Major of 8th Army's United States Army Troop Command-Korea in August 2006.

Culbertson said he considers growing warriors to be a critical task of Army leadership and the Warrior Ethos to be essential to soldiering. Because of that, Soldiers who participate in the Ulchi Focus Lens exercise are in full combat gear, carry the weapon at the low ready, practice muzzle awareness and take part in scenario-play Nuclear, Biological, Chemical Operations. Moreover, Culbertson plans to check if training is done to standard and order violators to schedule retraining.

Culbertson is from North Carolina. After his parents gave their consent for the then 17-year-old Culbertson to join the Army, he attended basic training in Missouri. Twenty-three years later, Culbertson finds himself in his second stint as a command sergeant major.

"It is my fifth assignment to the Republic of Korea," Culbertson said.

His previous job was Command Sergeant Major of 516th Personnel

Service Battalion.

Culbertson stresses rules in the 8th Army Standards Handbook and Field Manual 22-100.

"8th Army Standards Handbook tells every Soldier in the Republic of Korea what is expected of him. It tells you how to act in the ROK, and what is expected of you as a Soldier."

He said FM 22-100 is a regulation that describes Army leadership. It tells what a leader is supposed to do to train, lead, and take care of Soldiers. He said that leaders should apply the manual and the 8th Army Standards Handbook to the way they do business to be an effective as a leader. "FM 22-100 is not the only thing needed to be a good leader. Good Soldiers develop good followership skills as well as good leadership skills. Leadership skills are refined by mentorship and through the noncommissioned officers education system," he said.

That's one reason Culbertson endorsed the participation of all senior 8th Army Korean Augmentation Troops in the Warriors Leaders Course during his speech at KATUSA training Aug. 2.

"If I take care of Soldiers, I know Soldiers would take care of missions and their family. Then the mission will be accomplished to standard, not sometimes, but all of the time."

Part of taking care of Soldiers is ensuring they practice their warrior skills, which is why Culbertson is reinforcing warrior standards at UFL 2006 in-



Photo by Sgt. Shim, Yung-sik.

Culbertson is in an interview with Hwarang writers.

cluding weapons immersion training.

"I'm sure that executing the weapons immersion training like wartime and training to standard will allow our Soldiers to be proficient on warrior tasks and drills, common tasks, and make the unit more effective and better equipped so that the unit can accomplish its peacetime and wartime mission." "We're trying to emphasize that there is no difference between Soldiers deployed from one unit in Korea to other camps in Korea and Soldiers deployed from North Carolina to Afghanistan or Iraq." He explained the reason he tries to run UFL like a wartime situation.

Culbertson said he is happy to be able to work in a troop command. "I am looking forward to serving as the Command Sergeant Major of USATC-K," he said.

He said he wants USATC-K Soldiers to meet warrior and Soldier standards. "I am sure that we can do so, and they will make us the best battalion in the United States Army."